

REGULAR LIVING.

What Nature Demands in Return For Good Health.

First of all, one thing that nature won't stand is irregularity. We cannot safely bottle up sleep tonight for tomorrow night's use, nor force our stomachs one meal because we expect to eat sparingly the next, nor become exhausted in working night and day, expecting to make it up later.

Nature does nothing before her appointed time, and any attempt to hurry her invariably means ultimate disaster. She takes note of all our transactions, physical, mental and moral, and places every item to our credit.

There is no such thing as cheating nature. She may not present her bill on the day we violate her law, but if we overdraw our account at her bank and give her a mortgage on our minds and bodies she will surely foreclose. She may lend us all we want today, but tomorrow, like Shylock, she will demand the last ounce of flesh. Nature does not excuse man for weakness, incompetence or ignorance. She demands that he be at the top of his condition.

Nature's machinery, as it exists in the human body, is most complicated and delicately adjusted. No machinery constructed by man can compare with it in the perfection and proportion of all its working parts. Every machinist knows that his wheels and cams and gearing must run absolutely true and with uniformity or they will soon break down. It is the same with the machine that keeps the human body going.—New York American.

CAUSE OF THE DELUGE.

Queer Tradition of the Aboriginal Blacks of Australia.

The aboriginal blacks of Australia have a queer tradition about the flood. They say that at one time there was no water on the earth at all, except in the body of an immense frog, where men and women could not get it. There was a great council on the subject, and it was found out that if the frog could be made to laugh the waters would run out of his mouth and the drought be ended.

So several animals were made to dance and caper before the frog to induce him to laugh, but he did not even smile, and so the waters remained in his body. Then some one happened to think of the queer contortions into which the eel could twist itself, and it was straightaway brought before the frog. And when the frog saw the wriggling he laughed so loud that the whole earth trembled, and the waters poured out of his mouth in a great flood, by which many people were drowned.

The black people were saved from drowning by the pelican. This thoughtful bird made a big canoe and went with it all among the islands that appeared here and there above the surface of the water and gathered in the black people and saved them.

Though I am poor, send me to carry some gift to those who are poorer, some cheer to those who are lonelier.—Van Dyke.

LEGAL NOTICES.

RECEIVER'S NOTICE.

In the Circuit Court of the State of Oregon for the County of Multnomah.

Eleanor Olmstead, plaintiff, vs. The Traders' Insurance Company, et al. defendants.

Notice is hereby given that the undersigned has been appointed by the above-entitled court in the above-entitled cause receiver for the State of Oregon, of the defendant, The Traders' Insurance Company of Chicago, Illinois, and that by order of the said court, all persons having claims, against the said defendant, The Traders' Insurance Company, arising on policies issued in Oregon, are required to present the same to the undersigned, at the address below given on or before the 31st day of October, 1906, and if not so presented, the same will not participate in the distribution of the funds of the said defendant company, in the hands of the receiver.

Notice is further given, that all return premiums will be computed from the 5th day of May, 1906, the date of the insolvency of the said The Traders' Insurance Company, and all policyholders of the said defendant company are urged to reinsure, if they have not already done so, and to present their claims properly verified promptly to the receiver with the surrender of their policies.

Forms for proofs of claims may be had from the receiver or from the former agents of the company.

A. H. BIRRELL, Receiver. Address McKay Building, Portland, Oregon.

Dated June 25, 1906. A. F. FLEGEL and BEACH & SIMON, Attorneys for Receiver. 7-16-106.

LAUNDRIES.

The Troy Laundry

The only white labor laundry in the city. Does the best work at reasonable prices and is in every way worthy of your patronage.

10th and DUANE Sts., Phone 1991.

THE MORNING ASTORIAN QUICK RETURN COLUMNS

The supplying of any want that may arise in domestic or commercial life may be readily and quickly accomplished at a nominal cost by the publication of the want in the "Want Ad." columns of the Morning Astorian.

A necessity which may arise for buying or selling horses, carriages, furniture, pianos, real estate, sewing machines, bicycles, safes, watches, jewelry, typewriters, or thousands of other articles, can be met at once by the insertion of a suitable advertisement in the morning Astorian.

To secure help of any sort, or situation of any kind, to find lost articles, to secure board or boarders, lodging or lodgers, borrow money, obtain any kind of security; any of these wants may be supplied by using the "Want" columns of The Morning Astorian.

Rates For Classified or "Want" Advertisements

ONE INSERTION ONE CENT A WORD Count Six Words to a Line.

THREE LINES THREE DAYS, 30 CENTS so Cents a line a week.

"SITUATION WANTED"

For the benefit of persons out of employment, ads under the head of "Situation Wanted" will be printed three days free of charge.

WANTED.

WANTED—100 LBS. CLEAN RAGS. Address "C," Astorian Office.

HELP WANTED.

WANTED—GIRL TO DO GENERAL housework in family of 2; must sleep at home. Inquire at Astorian. 7-17-3t.

WANTED—EXPERIENCED DELIVERY man; one speaking Swedish and Norwegian language preferred; should also have a good acquaintance of East Astoria and Alderbrook. Apply to Ross, Higgins & Co. tf.

FOR SALE.

POSITIVELY LAST WEEK.—OUR last chance to buy your furniture, etc. at your own price. The Astoria Comm. & Auction Co., 365 Commercial st.

FOUR NEWLY FURNISHED ROOMS for sale, cheap; only new four weeks; owner wants to leave town. Apply 168 Sixth street. 7-11-7t.

FOR SALE—FISH BOAT AND NET. Inquire Warren Packing Co. 7-17-3t.

MUSIC TEACHER.

WANTED—THREE MUSIC PUPILS. Inquire at Astorian office.

MANDOLIN LESSONS GIVEN—MRS. C. D. Stewart, 127 Seventh street.

FURNISHED ROOMS.

ONE NICELY FURNISHED FRONT room, with bath; board if desired. 168 Sixth street. 7-11-7t.

UP-TO-DATE TAILORING.

A NEW AND FIRST-CLASS TAILORING establishment has been opened up in the Carson building, 566 Bond street near the Callander wharf. Suits to order at \$24 and up. Tailoring by a man with 15 years' experience, work guaranteed. Samples of the latest styles now on display. E. M. Heimo, proprietor.

BOARDING.

THE LEYDE.

Rooms with or without board; rates reasonable; good accommodation for transients. 14th and Commercial.

SEASIDE ADVERTISEMENTS.

Lewis & Co., Druggists

Full line of drugs, souvenirs, stationery, confectionery and soda waters. Office of Dr. Lewis at drug store, Bridge street end of the bridge.

SEASIDE, OREGON.

New building, New Furniture, 100 Rooms

COLONIAL HOTEL

LINDSLEY & SON, Proprietors Modern and Up-to-Date Electric lights, hot and cold water; free 'buses to all trains. Rates, \$2.00 per day and up.

SEASIDE, OREGON.

OCEAN SALOON

A high class place for refreshments for ladies and gentlemen B. J. CALLAHAN, Prop.

Seaside, Oregon

PROFESSIONAL CARDS.

ATTORNEYS AT LAW.

CHAS. H. ABERCROMBIE, Attorney-at-Law. General Practitioner, Notary Public. Rooms 35-36—Phone Main 2951. Page Block, Cor. Commercial & 12th St.

F. D. WINTON, Attorney-at-Law. Practices in all United States and State Courts in Oregon and Washington. Notary Public. Phone Main 941. rooms 2 and 3, Logan Building, corner Commercial and Sixteenth streets opposite O. R. & N. Company dock.

OSTEOPATHISTS.

DR. RHODA C. HICES, OSTEOPATH Office Mansell Bld. Phone Black 2065 578 Commercial St., Astoria, Ore.

DENTISTS.

DR. T. L. BALL, DENTIST. 524 Commercial St. Astoria Oregon.

DR. VAUGHAN, DENTIST Pythian Building, Astoria, Oregon.

Dr. W. C. LOGAN, DENTIST 78 Commercial St., Shanahan Building

NURSES.

MRS. JULIUS DAVIS (late of Portland) Graduate Nurse Royal London (Eng.) Hospital. Maternity cases requested. Hammond, Oregon.

BUSINESS DIRECTORY

HOUSE MOVERS.

FREDRECKSON BROS.—We make a specialty of house moving, carpenters, contractors, general jobbing; prompt attention to all orders. Corner Tenth and

RESTAURANTS.

FIRST-CLASS MEAL

for 15c; nice cake, coffee, pie, or doughnuts, 5c, at U. S. Restaurant. 434 Bond St.

BEST 15 CENT MEAL.

You can always find the best 15-cent meal in the city at the Rising Sun Restaurant. 612 Commercial St.

Parker House Oregon Restaurant

NEW AND FIRST-CLASS DINING-ROOM. ALL THE BEST THE MARKET AFFORDS.

OPEN DAY AND NIGHT.

Corner Ninth and Astor Streets.

HOTELS

HOTEL PORTLAND

Fines Hotel in the Northwest. PORTLAND, ORE.

WINES, LIQUORS AND CIGARS.

THE SAVOY

Popular Concert Hall. Good music. All are welcome. Corner Seventh and Astor.

Eagle Concert Hall

[320 Astor St.] The leading amusement house. Agency for Edison Phonographs and Gold Moulded Records. P. A. PETERSON, Prop.

THE CHINOOK BAR

416 BOND ST., ASTORIA, OREGON

Carries the Finest Line of Wines, Liquors and Cigars CALL AND SEE US

"Pale Bohemian Lager Beer"

THE BEER FOR THE HEALTHY AND WISE on draught and in bottles Brewed under sanitary conditions and properly aged right here in Astoria.

North Pacific Brewing Co.

ASTORIA, OREGON.

INEXPENSIVE

JAPANESE FIXINGS, MADE OF BAMBOO, LIGHT, STRONG, HANDMADE, TABLES, STANDS, CHAIRS, WHAT-NOTS, BOOKCASES, SHELVING, ETC.

Yokohama Bazaar 625 Commercial St., Astoria.

WOOD YARDS.

DRY MILL WOOD.

ALL KINDS OF WOOD—BOX WOOD from Humes Mill a specialty. Ben Ekooa. Tel. Black 2436. 1828 38th street.

WOOD

Cord wood, mill wood, box wood, any kind of wood at lowest prices. Kelly, the transfer man. Phone 2191 Main, Barn on Twelfth, opposite opera house.

CITY NOTICES.

NOTICE OF RECEIVING BIDS BY CITY.

NOTICE IS HEREBY GIVEN, That up to the hour of 2 o'clock P. M. on Monday, the 16th day of July 1906, the Committee on Streets and Public Ways of the Common Council of the City of Astoria, will receive sealed bids for the improvement of 11th street from the south line of Franklin Ave. to the north line of Harrison Ave., as ordered improved by ordinance No. 3261, approved on the 6th day of July, 1906. The right is reserved to reject any and all bids. J. H. HANSEN J. J. ROBINSON P. L. STANGELAND Committee on Streets and Public Ways. 7-11-4t

NOTICE OF RECEIVING BIDS BY CITY.

NOTICE IS HEREBY GIVEN, That up to the hour of 2 o'clock P. M. on Monday, the 16th day of July, 1906, the Committee on Streets and Public Ways of the Common Council of the City of Astoria, will receive sealed bids for the improvement of Grand Avenue from the West line of 11th street to the West line of 7th street, as ordered improved by ordinance No. 3259, approved on the 6th day of July, 1906. The right is reserved to reject any and all bids. J. H. HANSEN J. J. ROBINSON P. L. STANGELAND Committee on Streets and Public Ways. 7-11-4t

NOTICE.

Notice is hereby given, that the Common Council of the city of Astoria, has declared its determination and intention to construct a sewer on the south side of Melbourne avenue from a point 277 feet east of the east line of Kingston avenue to a point 118 feet west of the west line of Kingston avenue and connecting with the drain at said point crossing said street; said sewer shall consist of 12-inch vitrified sewer pipe with all necessary Y's, T's, connections and catch basins, and so as to drain all surface water into the same and shall be of sufficient depth to give proper drainage. In matters of detail it shall be according to the plans and specifications therofore.

In matters of detail said improvement shall be constructed according to the plans and specifications therofore to be prepared by the City Surveyor as hereinafter provided.

That the costs and expenses of constructing said improvement shall be defrayed by special assessment upon the lots, lands and premises benefitted by the same which said lots, lands and premises are included in the special assessment district including all lots, lands and premises so benefitted to-wit: Lots 14, 15, 16, 17, 18, 19, 20, 21, 22, 23 and 24 in block 17; lots 1, 2, 3 and 4 in block 16, all in that part of the city of Astoria as laid out and recorded by the Peninsular Land & Trust Co., and generally known as "Taylor's Astoria." OLOF ANDERSON, Auditor and Police Judge of the City of Astoria. 7-6-10t.

NOTICE.

Notice is hereby given, that the Common Council of the city of Astoria, has declared its determination and intention to improve Fourteenth street from the south line of Franklin avenue to the north line of Grand avenue to the full width thereof and on the established grade thereof. Said improvement shall be made by grading said street to the sub-grade of 12 inches below the established grade with an 18-inch crown in the center thereof, and with the construction of cement sidewalks and gutters on both sides of the street and by filling in or macadamizing the said street with crushed rock to the depth of 12 inches when thoroughly rolled, with an 18-inch crown in the center thereof.

In matters of detail said improvement shall be constructed according to the plans and specifications therofore to be prepared by the City Surveyor as hereinafter provided and general ordinance

CITY NOTICES.

No. 1901 and any matter of construction and drainage found necessary to make the improvement safe or substantial shall be done by the contractor whether specified or not, without extra charge.

That the costs and expenses of constructing said improvement shall be defrayed by special assessment upon the lots, lands and premises benefitted by the same which said lots, lands and premises are included in the special assessment district including all lots, lands and premises so benefitted to-wit: Lots 1, 2, 3, 10, 11 and 12 in block 18, and lots 4, 5, 6, 7, 8 and 9 in block 17, in that part of the City of Astoria as laid out by John M. Shively, in Clatsop County, Oregon.

OLOF ANDERSON, Auditor and Police Judge of the City of Astoria. 7-6-9t.

NOTICE.

Notice is hereby given, that the Common Council of the city of Astoria, has declared its determination and intention to improve Eighth street from the center line of Lexington avenue to a point 33 feet south of the north line of Niagara avenue to the width of 12 feet through the center thereof, excepting at the crossings, and to the width of 16 feet through the center thereof at the crossings. Said improvement shall be made by grading the said street to the width of 12 feet through the center thereof, excepting at the crossings and to the width of 16 feet through the center of the crossings to the sub-grade of 9 inches below the established grade, and with a 9-inch crown in the center and by macadamizing and filling in said portion of said street to the width of 16 feet at the crossings and to the width of 12 feet between the crossings, with crushed rock to the depth of 9 inches.

In matters of detail said improvement shall be constructed according to the plans and specifications therofore to be prepared by the City Surveyor as hereinafter provided and general ordinance No. 1901 and any matter of construction and drainage found necessary to make the improvement safe or substantial shall be done by the contractor whether specified or not, without extra charge.

That the costs and expenses of constructing said improvement shall be defrayed by special assessment upon the lots, lands and premises benefitted by the same which said lots, lands and premises are included in the special assessment district including all lots, lands and premises so benefitted to-wit:

All of blocks 144, 145, 158 and 159 in that part of the City of Astoria as laid out and recorded by John McClure, and extended by Cyrus Olney, in Clatsop County, Oregon.

OLOF ANDERSON, Auditor and Police Judge of the City of Astoria. 7-6-9t.

NOTICE.

Notice is hereby given, that the Common Council of the city of Astoria, has declared its determination and intention to improve Niagara avenue from a point 17 feet east of the west line of Eighth street to the center line of Seventh street and to the width of 16 feet through the center thereof at the crossings, and to the width of 12 feet thereof between the crossings. Said improvement shall be made by grading said portion of said street to the established grade to said width and to the sub-grade of 9 inches below the established grade and macadamizing and filling the same in with crushed rock to said width, and to a depth of 9 inches with a 9-inch crown in the center thereof.

In matters of detail said improvement shall be constructed according to the plans and specifications therofore to be prepared by the City Surveyor as hereinafter provided and general ordinance No. 1901 and any matter of construction and drainage found necessary to make the improvement safe or substantial shall be done by the contractor whether specified or not, without extra charge.

That the costs and expenses of constructing said improvement shall be defrayed by special assessment upon the lots, lands and premises benefitted by the same which said lots, lands and premises are included in the special assessment district including all lots, lands and premises so benefitted to-wit:

The north half of block 4 in Olney's Astoria as laid out and recorded by Hustler & Aiken, executors, and the south half of block 158 in that part of the City of Astoria as laid out and recorded by John McClure and extended by Cyrus Olney, in Clatsop County, Oregon.

OLOF ANDERSON, Auditor and Police Judge of the City of Astoria. 7-6-9t.

NOTICE.

There is money in the city treasury to pay all warrants drawn on the General Fund and indorsed prior to August 1, 1905. Interest will cease after this date.

THOMAS DEALEY, City Treasurer. Astoria, Oregon, June 30, 1906. 7-2-10t.